

ASK

Carla

Help when you need it... Our kindness consultant draws on a lifetime of experience with animals to answer your questions. Need instant answers? Visit AskCarla.com.

"Viva was expressive, responsive, communicative, affectionate, and alert. ... She was not 'just a chicken.' She was a chicken. She was a member of earth's community, a dignified being with a claim equal to anyone else's to justice, compassion, and a life worth living."

—Karen Davis, Ph.D., *Prisoned Chickens, Poisoned Eggs*

Q Shouldn't fresh water be made available for dogs in places where animals are allowed, such as parks, sidewalks, outdoor restaurants, etc.?

—Anonymous

A I'll drink to that. In fact, let's toast Long Beach, Calif., where the dog park has a pump for pumping fresh water into a big container that the dogs can slurp from to their hearts' content. It also provides doggie-do bags, as does the dog beach. Many of the shops along East Second Street have a big bowl of water for dogs outside their front door and also let your dog go inside with you. The cafés happily provide water for the dogs of the people at outside tables, and the barber shop even has a bowl of dog biscuits next to its water bowl. Whiskers, the boutique for animals, has an outside water bowl and a special treat for any animal who pulls his or her person inside. The shop also showcases cats from the shelter, one or two at a time, until they are adopted.

The people are as well behaved as their dogs—they all carry plastic bags with which to clean up "accidents." It's a win-win situation—these businesses draw many customers because their pooches are so welcome. Tell your local businesses and Better Business Bureau about it.

Q I'm an African-American woman who is lactose-intolerant, as are 75 to 85% of people of my heritage. I've learned that going vegan will not only help alleviate this, but also reduce my weight and my risk of cardiovascular disease, cancer, and diabetes. How can I get started?

—Linda M., New York, N.Y.

A Find out how to take a giant step on the road to good health at BlackVegetarians.org, where you'll find wonderful true stories, recipes, local vegetarian groups, and transition tips such as these:

- Experiment with recipes from vegetarian cookbooks.
- Try exotic cuisines.
- Join or start a local vegetarian group.
- Satisfy your sweet tooth with vegan chocolate and soy frozen desserts.
- Get a free vegetarian starter kit at GoVeg.com.

Q The beautiful geese on the pond at our condos are raising their babies now, and it breaks my heart to hear that some golf course managers are rounding up and gassing or shooting these families.

—Jennie B., Tacoma, Wash.

A Because we've "developed" so much land that once was their home, Canada geese, especially, are suffering merciless extermination.

Despite international treaties protecting migratory birds, for the last few years the U.S. Fish and Wildlife Service has let these lovely birds and their babies be gassed or shot.

But practical, humane strategies, including habitat modification, are far more effective than killing the resident animals, who are quickly replaced by others as the inviting habitat becomes available. For example, geese seek nesting places where there are no bushes for predators to hide behind, so planting bushes will discourage geese.

PETA can help anyone deal humanely with geese and other animals on their property. Contact us at PETA, 501 Front St., Norfolk, VA 23510, or 757-622-PETA; Info@peta.org.

ACT•MATIC

My bill payments always include an animal rights message by way of a PETA pamphlet inside the envelope and a sticker on the lower left front corner of the envelope. Everyone handling the mail sees the sticker, and whoever opens the envelope sees the pamphlet.

—Yvonne T., Bakersfield, Calif.

